

Profile Discovery Worksheet

Today's Date: _____

Q#	Profile Question	Answers
1	Child's Name	
2	Child's Age	
3	Does your child have an email address? <i>If yes, list the email address(es)</i>	
4	Does your child have an instant-messaging account? <i>If yes, list the IM address(es)</i>	
5	Does your child have social media and networking profiles or accounts? <i>If yes also name the social-networking sites.</i>	
6	List all the internet capable devices and computers your child has access to in your house (such as Xbox, PC, Mac, mobile phone, PSP, TV)	
7	List the main applications this child uses when online (such as Live Messenger, BBM, Facebook, iTunes, web browser)	
8	Estimate the amount of time your child spends online a day (in hours)	
9	Estimate the total amount of time your child spends across all types of technology in a day (in hours)	
10	Do you have wireless internet connectivity in your house? Which devices connect?	
11	Does your child have his or her own mobile phone?	
12	If you answered yes to 9, does your child have a data plan associated with the mobile phone?	
13	Does your child play online games? If yes, which is his or her favorite game?	
14	If you answered yes to 13, does your child communicate with other players online?	

The author will not be held responsible or liable for any damages caused or alleged to be caused either directly or indirectly by this book. The content within this book is provided without warranties. The views and opinions expressed in this book by the author are in no way representative of the author's current or previous employers.

Worksheet—Rule 1: When

Q#	Question	Your Answer	Grade (1,2,3 or 4)
1	Do you set time restrictions on when the internet can be used?		
2	Do you vary internet access times between your kids that are of different ages? (N/A if you only have one child)		
3	Do you observe and then set a cumulative time restriction across all technologies used by your child?		
4	Do you use additional internet or technology access time as a reward for good behavior?		
5	If I were to call you out of the blue at 9 p.m. on any given weeknight, would you be able to tell me whether your kids were online or not right then?		
6	If your kids move between different households, are there consistent online access times enforced across households?		
7	Do you make sure all unnecessary technology (such as a mobile phone) is turned off while your child does his or her homework?		

GRADE LEVEL	GRADE DESCRIPTION
1	“Don’t do it” or “Didn’t even think or know” or “No”
2	“Sometimes do it” or “Whenever I think of it” or “Maybe”
3	“Always takes place” or “Do it every time” or “Yes”
N/A = 4	This question does not apply to my circumstances or child

The author will not be held responsible or liable for any damages caused or alleged to be caused either directly or indirectly by this book. The content within this book is provided without warranties. The views and opinions expressed in this book by the author are in no way representative of the author’s current or previous employers.

Worksheet—Rule 1: How

Q#	Question	Your Answer	Grade (1,2,3 or 4)
1	When your child uses an internet-enabled device does he or she do so in a common area of the house?		
2	If your child uses technology in a bedroom or sectioned area, does he or she do so with an open-door policy?		
3	Do you encourage your child to use technology in an open way that encourages your family’s social values?		
4	If your child uses a mobile device, do you make sure that child “surrenders” or turn off the device when he or she goes to bed?		
5	When you employ discipline and restrict privileges, do you specifically restrict all access from all devices?		
6	Do you conclusively know how your child gains access to the internet outside your household (school, library, mobile phone, friends’ houses)?		
7	From each device in your household that connects to the internet, do you know how your child uses it (mainly offline/not connected or mainly online)?		

GRADE LEVEL	GRADE DESCRIPTION
1	“Don’t do it” or “Didn’t even think or know” or “No”
2	“Sometimes do it” or “Whenever I think of it” or “Maybe”
3	“Always takes place” or “Do it every time” or “Yes”
N/A = 4	This question does not apply to my circumstances or child

The author will not be held responsible or liable for any damages caused or alleged to be caused either directly or indirectly by this book. The content within this book is provided without warranties. The views and opinions expressed in this book by the author are in no way representative of the author’s current or previous employers.

Worksheet—Rule 1: Who

Q#	Question	Your Answer	Grade (1,2,3,or 4)
1	Do you have a good understanding of the number of people your child mixes with online (friends, contacts, gaming buddies)?		
2	Do you have a good understanding of the type of people your child mixes with online (friends, groups, communities)?		
3	Do you regularly remind your child about online stranger danger?		
4	Have you made sure your kids know only to trust and accept people online if they can verify 100 percent their identity?		
5	Do you regularly remind your child on being respectful and mindful of others online?		
6	Do you reinforce to your child that he or she should come tell you if he or she feels scared or in danger when online?		
7	Have you reinforced the need for your child to only put information online that is considered public information?		
8	Have you reinforced the need for your child to keep private information such as passwords, their address, age private?		
9	Do you regularly use the power of the internet to trawl your child's activities and who he or she is communicating with online?		

Worksheet—Rule 1: Where

Q#	Question	Your Answer	Your Grade (1,2,3 or 4)
Q1	Does your child understand the basic concept that there are good and bad locations in the online world?		
Q2	Have you identified a list of good, age-appropriate locations your child can visit on the internet? Or for older kids, the type of content you want them to view?		
Q3	Do you enforce and restrict the list of good, age-appropriate locations your child can visit on the internet? Or for older kids, the type of content you want them to view?		
Q4	Does your child understand the basic concept that there are consequences to actions taken in the online world just like in the real world?		
Q5	Do you consciously look for signs of distress or concern when your kids use technology online?		
Q6	Have you reviewed or discussed with your child’s school its bullying policy and how it applies online? And have you quizzed your child on that policy?		
Q7	Have you reinforced with your child that if he or she feels bullied, picked on, or targeted that he or she should talk to you immediately?		
Q8	Does your child know to think very carefully about any multimedia he or she wants to publish online?		
Q9	If your child isn’t yet of social-networking age, have you considered your response for when he or she eventually asks for access?		

Worksheet—Rule 3:-Threats

Q#	Question	Your Answer	Your Grade (1,2,3 or 4)
Q1	Does your child know that he or she should never accept an online invitation to meet in person?		
Q2	Do you reinforce with your child that if he or she is contacted by a previously unknown adult online he or she should immediately talk to you?		
Q3	Do you understand the symptoms that your child may exhibit if he or she is being bullied?		
Q4	Do you know who you would turn to for assistance if your child was a victim of cyber-bullying?		
Q5	Does your child know that it is absolutely unacceptable to bully or harass someone online?		
Q6	Do you keep tabs and observe the amount of time your child spends with a specific technology or web location?		
Q7	Do you know which behaviors of your child could be considered a symptom of some form of technology addiction?		
Q8	Do you know which sites online store your credit card details for future reference and shopping?		
Q9	Does any of the software your child uses to purchase apps or multimedia have your credit card details stored?		
Q10	Do you reinforce with your child to never give out private information online, in email, or over the phone?		

Worksheet—Rule 4: Use Helmets and Training Wheels

Q#	Question	Your Answer	Your Grade (1,2,3, or 4)
Q1	Is the computing environment you have provided for your child appropriately safe and secure? Have you applied the technology rock-solid foundation (Chapter 3 of this book) and located it in a common area of the home?		
Q2	Do you spend time consciously mentoring your child when he or she uses the internet to help him or her learn and understand the online world?		
Q3	Do you encourage your kids to ask questions about technology, internet, and what’s taking place?		
Q4	Have you or do you plan to use a phased approach to introducing the online world to your child, controlling the amount and type access to the computer or device over time?		

GRADE LEVEL	GRADE DESCRIPTION
1	“Don’t do it” or “Didn’t even think or know” or “No”
2	“Sometimes do it” or “Whenever I think of it” or “Maybe”
3	“Always takes place” or “Do it every time” or “Yes”
N/A = 4	This question does not apply to my circumstances or child

The author will not be held responsible or liable for any damages caused or alleged to be caused either directly or indirectly by this book. The content within this book is provided without warranties. The views and opinions expressed in this book by the author are in no way representative of the author’s current or previous employers.

Worksheet—Rule 5: Technology Is an Enabler

Q#	Question	Your Answer	Your Grade (1,2,3, or 4)
Q1	When you feel the need to buy technology to help make your family safer online, do you first stop and take a moment to understand why you really need it and how it helps you and your family be safer?		
Q2	When you install new technology, do you reassess your family's safety situation to understand whether that new technology may have actually introduced another gap that needs to be plugged? For example a new application installed on the computer may now have video or chat features?		
Q3	Do you keep up-to-date (talking to friends, reading tech articles, or talking with experts) with what's best suited to keep you family safe, based on the computers and devices you have in your household?		

GRADE LEVEL	GRADE DESCRIPTION
1	"Don't do it" or "Didn't even think or know" or "No"
2	"Sometimes do it" or "Whenever I think of it" or "Maybe"
3	"Always takes place" or "Do it every time" or "Yes"
N/A = 4	This question does not apply to my circumstances or child

The author will not be held responsible or liable for any damages caused or alleged to be caused either directly or indirectly by this book. The content within this book is provided without warranties. The views and opinions expressed in this book by the author are in no way representative of the author's current or previous employers.

Worksheet—Analysis

Analysis #	Answers You Graded as 1 or 2	Reasoning
<i>e.g.</i>	<i>Example— RULE 1—HOW—Q4</i>	<i>Just never thought about this, my son just takes his phone in the bedroom when he goes to bed; don't know if it's on or off? This could be a risk because he may be using it without me knowing at night time especially on Facebook— this worries me.</i>
A1	RULE ____ Q ____	
A2	RULE ____ Q ____	
A3	RULE ____ Q ____	
A4	RULE ____ Q ____	
A5	RULE ____ Q ____	
A6	RULE ____ Q ____	
A7	RULE ____ Q ____	
A8	RULE ____ Q ____	
A9	RULE ____ Q ____	
A10	RULE ____ Q ____	

Worksheet—Plan of Action (PoA)

Analysis #	Reference	Plan to Move Forward
PoA e.g.	<i>e.g. — RULE 1—HOW—Q4 (list from the previous worksheet)</i>	<i>I've read the "HOW" chapter in this book again. I'm going to have a conversation with my son to explain that I'm worried that if he uses his phone after he goes to bed without me knowing, he may get into some type of trouble—and I can't be there to help him. I'll recommend that he turn his phone off and leave it on the dining room table before he goes to bed.</i>
PoA1		
PoA2		
PoA3		
PoA4		
PoA5		
PoA6		
PoA7		
PoA8		
PoA9		
PoA10		

The author will not be held responsible or liable for any damages caused or alleged to be caused either directly or indirectly by this book. The content within this book is provided without warranties. The views and opinions expressed in this book by the author are in no way representative of the author's current or previous employers.